

# FORT LAUDERDALE AQUATIC COMPLEX

501 Seabreeze Boulevard  
Fort Lauderdale, FL 33316



## CLASS DESCRIPTIONS

### **Parent Toddler** *Ages: 6 months - 3 yr. 30 min*

Parent accompanies child in water; emphasis is placed on teaching both child and parent basic aquatic and safety skills.

### **Level 1** *Ages: 3 yrs.+ 30 min*

Basic skills include breath control, kicking, and floating; simple stroke techniques are emphasized.

### **Level 2** *Ages: 3 yrs.+ 30 min*

Swim test required for registration. Skills include orientation to deep water, arm strokes with kicking on front and back, turning over, and basic safety skills.

### **Level 3** *Ages: 4 yrs.+ 45 min*

Swim test required for registration. Skills include diving, dolphin kick, reversing direction and safety skills. Continued skill development of freestyle and backstroke.

### **Level 4** *Ages: 4 yrs.+ 45 min*

Swim test required for registration. Skills include diving, open turns, breaststroke, butterfly and safety skills.

### **Rates**      30 minute class      45 minute class

<b>Resident:</b>	\$64	\$80
<b>Non-Resident:</b>	\$96	\$120

## CLASS SCHEDULES

### Once-Per-Week (8 classes)

Wednesdays: January 20 - March 9  
Sundays: January 24 - March 13  
Mondays: January 25 - March 14

#### **Parent Toddler**

- Mondays: 3:30 - 4:00 p.m.
- Wednesdays: 3:30 - 4:00 p.m.
- Sundays: 9:45 - 10:15 a.m.

#### **Level 1**

- Mondays: 4:15 - 4:45 p.m.
- Wednesdays: 5:00 - 5:30 p.m.
- Sundays: 9:00 - 9:30 a.m.
- Sundays: 11:15 - 11:45 a.m.

#### **Level 2\***

- Mondays: 5:00 - 5:30 p.m.
- Wednesdays: 4:15 - 4:45 p.m.
- Sundays: 10:30 - 11:00 a.m.

#### **Level 3\***

- Mondays: 5:45 - 6:30 p.m.
- Sundays: 12:00 - 12:45 p.m.

#### **Level 4\***

- Wednesdays: 5:45 - 6:30 p.m.
- Sundays: 12:00 - 12:45 p.m.

*\* Swim Test required for registration. Available Monday - Thursday at 4:00 and 4:45 p.m. or Sundays at 12:45 p.m. Please call ahead to confirm availability (954) 828-4580.*

## BASIC DIVING SKILLS

1 hour group instruction on basic diving and head-first pool entries. Includes entries from the side of the pool and 1 and 3 meter springboards. Class only offered at the Aquatic Complex.

Day: Sunday, March 20th

Time: 10:00 - 11:00 a.m.

Rate: \$10 residents, \$15 for Non-Residents.



## WEATHER CANCELLATIONS

Classes may be cancelled due to lightning within 10 miles from the Aquatic Complex or for extremely cold temperatures. To avoid unnecessary cancellations, weather decisions are usually made no more than 30 minutes prior to the start of each class. If cancelled, participants will be notified via telephone; or you can always call us!

### **Weather Questions?**

**(954) 828-4588**



## ADAPTED SWIM LESSONS

A specialized program for children and adults with physical and/or cognitive challenges. 30-minute classes are scheduled upon request. For more information on how to register please contact Jennifer Gigler at: [jgigler@fortlauderdale.gov](mailto:jgigler@fortlauderdale.gov)

## SWIM TESTS

Available at the Aquatic Complex Monday - Thursday at 4:00 pm and 4:45 pm and Sundays at 12:45 p.m. Please call (954) 828-4588 to confirm availability.

## PRIVATE & SEMI-PRIVATE LESSONS

Private and semi-private lessons only available at the Fort Lauderdale Aquatic Complex. Please call (954) 828-6156 to schedule a private or semi-private lesson.

**Private Lessons:** One-on-one individualized instruction.

One 30-minute class: \$45

Five 30-minute classes: \$200

**Semi-Private Lessons:** Groups of 2-3 participants.

One 30-minute class: \$70

(2 participants = \$35 each)

Five 30-minute classes: \$300

(2 participants = \$150 each)

## POLICIES

- Classes filled on a first-come, first-served basis. Classes are subject to cancellation.
- Refunds for missed classes are NOT issued.
- To ensure our class prices remain as affordable as possible, we cannot offer make-up lessons for any reason. This will prevent your scheduled class from being disrupted to adjust to new swimmers. For more information, please review our policies at: [www.fortlauderdale.gov/aquatics](http://www.fortlauderdale.gov/aquatics)

## REGISTRATION Begins 12/20!

**Online:** Online registration requires account creation in person at a designated Parks and Recreation facility. Current account holders may register at: [www.fortlauderdale.gov/webreg](http://www.fortlauderdale.gov/webreg)

**In Person:** Registration and payment are accepted in the form of Visa or MasterCard in person at the Fort Lauderdale Aquatic Complex, 501 Seabreeze Blvd.

Monday - Friday 8:00 a.m. - 7:15 p.m.

Saturday/Sunday: 8:00 a.m. - 1:00 p.m.

**Photo ID required for registration.**

## Youth Enrichment Scholarship

The Parks and Recreation Department offers a 75 % discount to children who reside in the City of Fort Lauderdale and participate in the Broward County Free and Reduced Lunch Program.



# Swim Lessons



## WINTER 2016

### Fort Lauderdale Aquatic Complex

Parent & Toddler

Level 1

Level 2

Level 3

Level 4



[www.fortlauderdale.gov/swim](http://www.fortlauderdale.gov/swim)